

Greetings from the Diabetes Prevention & Control Program (DPCP) and welcome to the February 10th edition of the "DPCP FYI". Each FYI is received by over 350 diabetes care professionals in and around South Dakota. If you have trouble with the links or attachments, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvements to the FYI or if I can otherwise be of assistance, please let me know.

Colette

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Inhaled Insulin Approved by the Food and Drug Administration

The first inhalable version of insulin won federal approval on January 27th, giving millions of adult diabetics an alternative to some of the injections they now endure. The Food and Drug Administration said the Pfizer Inc. insulin, to be marketed as "Exubera," is the first new way of delivering insulin since the discovery of the hormone in the 1920s.

Further information is at

www.diabetes.org/indiabetestoday.jsp?WTLPromo=HOME_diabetestoday starting at the January 27th release.

"Broken Heart" PSA running throughout February

During American Heart Month, a PSA entitled "Broken Heart" which discusses the increased risk for heart disease and stroke for those with diabetes, will run more than 2000 times throughout South Dakota. This PSA was produced by the American Diabetes Association and distributed in a partnership with the National Diabetes Education Program and can be viewed at <http://ndep.nih.gov/campaigns/tools.htm#psaTV>

Brochures available from the DPCP

The SD DPCP has produced copies of the "Be Smart About Your Heart Control the ABCs of Diabetes" brochure which is viewable at

<https://www.state.sd.us/applications/PH18Publications/secure/Puborder.asp>.

Also, several hundred of the "Four Steps to Control Your Diabetes for Life" brochures (<http://www.ndep.nih.gov/diabetes/control/4Steps.htm>) are available (free of charge) for your use. Contact Colette if you'd like a supply of either brochure sent.

Northern Plains Tribal Epidemiology Center Receives Large Research Grant

The Northern Plains Tribal Epidemiology Center recently received a Native American Research Center for Health grant from the Indian Health Service. The Northern Plains Tribal Epidemiology Center is partnering with the University of Nebraska Medical Center for the study.

The goal of the four-year grant, expected to total between \$900,000 and \$1.5 million, includes

two research projects to build trust and facilitate research between American Indians and academic institutions. One of the projects will look at diabetes risk in Native youths and what can be done to prevent it. The other project is aimed at understanding asthma in Native youths. Further information is at <http://diabetes.sd.gov>.

South Dakota Fruit and Vegetable Challenge

The South Dakota Department of Health is inviting South Dakotans to participate in a new Healthy Challenge to encourage them to eat more fruits and vegetables. The competition is web-based and part of the Healthysd.gov website. Registration for the 5 A Day Challenge starts today with the actual competition March 1- 31. People can compete as individuals or challenge friends or co-workers to compete as teams.

Diets high in fruits and vegetables can help reduce the risk of heart disease, cancer and stroke, the three leading causes of death in South Dakota. This friendly competition promotes a healthier diet. To encourage people to prepare more fruits and vegetables, the Department of Health will provide a limited number of cutting mats to teams that sign up for the challenge. The cutting mats are free and will be distributed on a first registered, first served basis. At the close of the competition, a selection of individuals completing the challenge will be randomly chosen to receive baskets of produce donated by South Dakota grocers.

The new Dietary Guidelines for Americans recommend most adults eat 2 - 2.5 cups of fruit and 2.5 - 4 cups of vegetables per day. However, according to the state's latest data, only 19% of South Dakota adults eat the minimum five servings of fruits and vegetables a day, or about 2.5 cups total.

March is National Nutrition Month® and a great time to start eating healthier. Go to www.healthysd.gov and click on 5 A Day Challenge to sign up. Get your team together today!

Questions and Answers About the Diabetes Education Coordinator Request for Proposals

Answers to questions received about the Diabetes Education Coordinator request for proposals are posted at <http://diabetes.sd.gov>

If you have been forwarded this message and would like to become a regular recipient or if you no longer wish to receive this information, please email colette.beshara@state.sd.us.

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